



Youth Swim Classes

The Bridgewater Recreation Department will be sponsoring swim lessons with and held at the Somerset Valley YMCA for Bridgewater resident boys and girls ages 7 to 12 years old. *Proof of age is not required, but if your child is found not to be eligible for this class, your child will be expelled from session and no refund will be issued.* Lessons meet once a week at the Somerset Valley YMCA (Garretson Road in Bridgewater) for 45 minutes for seven weeks.

Beginner – beginning level class for school-age children. It gets children acquainted with the pool, the use of floatation devices, and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and be able to swim the length of the pool with a floatation device and with their face in the water. Diving skills are introduced as well.

Intermediate – the children continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. They are introduced to lead up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More diving skills are taught.

Advance – students work to perform the front and back crawl stroke, elementary backstroke, and sidestroke with turns. They are introduced to the butterfly stroke. They continue to work on diving skills.

For further course information call the Somerset Valley YMCA at (908) 526-0688 or visit them on the web at www.ymcasomersetvalley.org.

Times for all sessions:

Session #1 September 12 – October 24, 2004.

2:00-2:45pm	Beginner
2:00-2:45pm	Intermediate
2:45-3:30pm	Beginner
2:45-3:30pm	Intermediate
3:30-4:15pm	Advance
3:30-4:15pm	Advance

Session #2 November 7 – December 19, 2004.

Session #3 January 9 – February 20, 2005.

All classes are held on Sundays.

Cost: \$109.00 per session – checks made payable to “Somerset Valley YMCA.” If you are signing up for more than one child or session, separate checks are required. No refunds, credits or make-ups will be given unless two or more classes are missed due to medical reasons.

Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

For registration information call the Bridgewater Recreation Department at (908) 725-6373.

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the “REC” mailbox located around back of Municipal Building before or after office hours, or via postal service.

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday www.bridgewaternj.gov

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2004 Youth Swim Classes

\$109.00 Bridgewater Residents only – checks payable to “Somerset Valley YMCA”

Last Name: _____ First Name: _____

Mailing Address: _____ Town: _____ Zip: _____

Home Phone #: _____ Work/Cell Phone #: _____ Emergency contact # other than #'s listed: _____

Date of Birth: ____/____/____ Age as of 9/12/04: ____ Age as of 11/7/04: ____ Age as of 1/9/05: ____ Circle Gender: Male or Female

Check Session:

Sundays

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Injuries may occur. Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature _____

_____/_____/_____
Date

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